

CROSSFIT

FACULTY
PDHPE

CHARGE
\$50

Excursion Fee

HOURS
100

School developed

Discover

- Safe movement and lifting techniques
- The fundamentals of nutrition and recovery
- The principles of managing competitive sporting events

Share

- Your learning in event management through your active role in organising the annual CrossFit Tournament
- Your mastery of movement patterns in a number of foundational exercises through participation in practical assessments

Create

- You will actively participate in CrossFit strength and conditioning and functional fitness group training, tailored to your individual goals
- Contribute to the organisation and management of an annual CrossFit Tournament by taking on one of the numerous roles and responsibilities for the event
- Participate in seminars covering the theory of nutrition and recovery, biomechanics, event management and more

FUTURE PATHWAY

Year 8 – CrossFit
Year 9 & 10 – Physical Activity
and Sports Studies (PASS)

STAGE 6 SUBJECT SELECTION

Preliminary & HSC PDHPE
Preliminary & HSC Sport,
Lifestyle & Recreation (SLR)

CAREER OPPORTUNITIES

Sport Scientist
Physiotherapist
Coach/Trainer
Sports Administrator
Athlete